

**AMENDMENT TO SPECIFICATION**

Please replace the following paragraphs (pgs. 3 and 5):

**[0013]** People may treat balance exercises differently, however. If one cannot balance at all on some of the devices, he or she may give up such exercises. Thus, initial use of balance devices that allows for successful balancing would allow a person to perform balance exercises and gain their benefit. As a result, the person would be less likely to quit such exercises.

**[0021]** Conventional exercise rollers are cylindrical and have a circular cross-section with a constant radius about [a center, longitudinal] axis **[12]**. That radius is normally 3 inches (6 inch diameter) or less. Thus, conventional rollers have a constant radius [on the top **16** of the roller (above lateral plane **14**) as on the bottom **18**].